



From Harriman take
Hwy. 27 North to Wartburg.
Turn right (East) on
Hwy. 62. Travel 2 miles
and turn left on Flat Fork Road.
Travel 4 miles to the park entrance.



Tennessee Department of Environment and
Conservation authorization no. 32752, 10,000
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at a cost of \$.04 per copy, November 2005.

Hours of Operation:

8:00 a.m. to sunset, year-round

For Further Information Contact:

Frozen Head State Natural Area

964 Flat Fork Rd. / Wartburg TN 37887 / Phone (423) 346-3318

Or Contact:

Tennessee State Parks / 401 Church St., 7th Floor / Nashville, TN 37243

Phone (888) 867-2757 / www.tnstateparks.com

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TENNESSEE STATE PARKS FROZEN HEAD STATE NATURAL AREA



Frozen Head State Natural Area

is situated in the beautiful Cumberland Mountains of eastern Tennessee. The 13,122 acres of relatively undisturbed forest contain some of the richest wildflowers areas in Tennessee. The mountainous terrain varies from an elevation of 1,340 feet to over 3,000 feet on 16 different mountain peaks.



Historical significance

In 1894 the state acquired a larger area in Morgan County for the Brushy Mountain State Prison. Coal was deep mined by convict labor and the trees were harvested to supply timbers for the mines. The land was transferred to State Parks in 1970 and became Frozen Head State Park. In 1988 most of the state park acreage was classified as a State Natural Area.

Camping

Twenty primitive campsites are scattered throughout the Big Cove Camping area. Two group sites for 15 to 20 people are available and may be reserved up to two weeks in advance; all other sites are first-come, first-serve.

Group Camp

A primitive group tent camping area for 75 people is located along Flat Fork Creek.

Gift Shop

The visitors' center gift shop carries a variety of souvenirs and gifts. A topographic trail map can also be purchased here.

Picnic Pavilions and Playgrounds

The park features a wooded picnic area with 32 picnic sites including tables and grills. Three group shelters are available and may be reserved throughout the year. Water fountains, restrooms, and two playgrounds are available in the picnic area.

The park also features two volleyball courts, a basketball goal, and horseshoe pits.

Fishing

Flat Fork Creek is stocked with rainbow trout in the spring. State regulations apply and a valid state fishing license and supplemental trout license are required.

Hiking

The park features over 50 miles of foot trails that meander by waterfalls, rock shelters, and giant mountaintop cap rocks. A portion of the Cumberland Trail passes through as well.

Planned Programs

Park naturalists are available for interpretive programs both on and off the park. Schools and organized groups are encouraged to participate in these programs.

Swimming

While there is no swimming pool at Frozen Head, many people enjoy the cooling waters of Flat Fork Creek where larger pools allow for wading and splashing.

Horse Trails

The 6.9-mile Lookout Tower Trail is open for horses. All other trails are hiking only. There are no overnight facilities or camping for horses. A large field is provided for trailer parking.

Bike Trails

The 6.9-mile Lookout Tower Trail is available for bicycles. Originally a logging road, the trail climbs from the Big Cove campground to the top of Frozen Head Mountain.

Amphitheatre

A 240-seat amphitheater is located adjacent to the picnic and camping areas. During the summer, the park schedules interpretive talks, slide presentations, and campfires. It is also available for churches, clubs, and organizational use by reservation.

Nearby Attractions

- Obed National Wild and Scenic River, 5 miles
- Lone Mountain State Forest Horse and Bike Trail, 6 miles

Other Nearby State Parks

- Cumberland Trail State Scenic Trail, www.cumberlandtrail.org

Annual Events

- Wildflower Pilgrimage, 2nd and 3rd weekends in April
- Echo in the Mountains Bluegrass Festival, Memorial Day Weekend in May
- Heritage Festival, last weekend in August